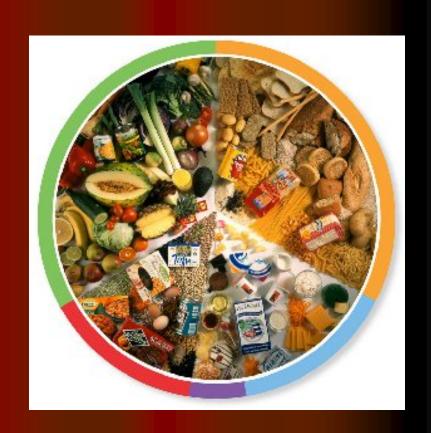
## Dietary Guideline #4 Food Groups to Encourage



It's all about choices.

## Which Food Groups????

- Fruits
- Vegetables
- Whole Grains
- Fat-free or low-fat Milk Products



## Health Benefits

- Lowered risk of the following:
  - Chronic Diseases
  - Stroke
  - Cardiovascular Disease
  - Type 2 Diabetes
  - Certain Cancers



## Key Recommendations

- Eat 2 cups of fruit each day.
- Eat 2 ½ cups of vegetables each day.
- Choose a variety of fruits and vegetables especially dark green, orange and yellow vegetables.
- Half the grains you eat should be whole grains.
- Consume 3 cups of fat-free or low-fat milk products daily.